

**CEDARS FROSTBITE
HALF-MARATHON
Saturday, February 14, 2009**

**Part of the 30th Annual Tennessee State Park Running Tour
RRCA Tennessee Half Marathon Championship Race
CEDARS OF LEBANON STATE PARK, LEBANON, TN.**

Park Location On Hwy 231, between Lebanon and Murfreesboro. From Nashville Airport take I-40 East to Lebanon (18 miles), then Hwy 231 to Park entrance (5 miles). Park info **615-443-2769**.

Start/Finish at the Assembly Hall, 1 mile from park entrance. Race starts at 11:00 AM CST.

Course is one-loop, mostly flat, with a distance of 13.1 Miles. Water at 3, 7 and 10 Miles.

Map with elevation at www.state.tn.us/environment/parks/RunningTour/pdf/frostbited&m.pdf

Pre-register by downloading an entry form or online for an additional \$3 fee at **Active.com**.

Race Day Registration at the Assembly Hall from 9:00 to 10:45 AM.

Long Sleeve T-shirt guaranteed to all pre-registered runners.

Awards: Five-year age groups from 19 and under with five awards in each category to 70 and over. Special awards to the overall, master, grandmaster, and senior grandmaster winners.

Award ceremony with pizza starts at 1:30 PM.

Race director: Lynda de Paulis (615-889-1306). Info at Lntdp@earthlink.net.

Entry Fee is \$18.00 with or \$5.00 without shirt, payable to FROSTBITE R.C. (Race day fee \$12.00 without shirt). Pre-registration deadline is February 7, 2009 (received).

Mail registration to: **Cedars Frostbite
205 Woodland Court
Hermitage TN 37076**

[Link to Registration Forms](#)